

# Parent's Guide for The Pediatric Dental Patient



# TEETHING

Your baby was born with all 20 primary teeth below their gumline. They typically start to come through between 6 and 12 months. Children usually have their full set of baby teeth in place by age 3.



## How to Soothe a Teething Baby

Your child may have sore or tender gums when teeth begin to erupt. Gently rubbing their gums with a clean finger, a small cool spoon, or a moist gauze pad can be soothing. A clean teether for your child to chew on may also help. Look for teethers made of solid rubber and avoid liquid-filled teething rings or plastic objects that could break.

**Not recommended:** over the counter teething medications or gels

## Teething Symptoms

### What's normal?

- Fussiness
- Trouble sleeping
- Irritability
- Loss of appetite
- Drooling more than usual

### What's not normal?

- Fever (Above 100.4 F)
- Diarrhea
- Rash

	Erupt	Shed
<b>Upper Teeth</b>		
Central incisor	8-12 mos.	6-7 yrs.
Lateral incisor	9-13 mos.	7-8 yrs.
Canine (cuspid)	16-22 mos.	10-12 yrs.
First molar	13-19 mos.	9-11 yrs.
Second molar	25-33 mos.	10-12 yrs.
<b>Lower Teeth</b>		
Second molar	23-31 mos.	10-12 yrs.
First molar	14-18 mos.	9-11 yrs.
Canine (cuspid)	17-23 mos.	9-12 yrs.
Lateral incisor	10-16 mos.	7-8 yrs.
Central incisor	6-10 mos.	6-7 yrs.

# FLUORIDE

## How Does Fluoride Protect Teeth

Fluoride benefits both children and adults. Think of fluoride as vitamins for your teeth! Here's how:

Before teeth break through the gums, the fluoride taken in from foods, beverages and dietary supplements makes tooth enamel (the hard surface of the tooth) stronger, making it easier to resist tooth decay. This provides what is called a "systemic" benefit.

After teeth erupt, fluoride helps rebuild (remineralize) weakened tooth enamel and reverses early signs of tooth decay. When you brush your teeth with fluoride toothpaste, or use other fluoride dental products, the fluoride is applied to the surface of your teeth. This provides what is called a "topical" benefit.

## How Do I Get Fluoride?

- Drink water with fluoride.
- See a dentist regularly (every 6 months)
- Use toothpaste and mouth rinse with fluoride.
- Brush twice a day (morning and night) or as directed by your dentist and physician.
- For children younger than 3 years, start brushing their teeth as soon as they start to appear in the mouth by using fluoride toothpaste in an amount no more than a smear or the size of a grain of rice.
- For children 3 to 6 years old, use no more than a pea-sized amount of fluoride toothpaste.

**WATER WITH FLUORIDE BUILDS A FOUNDATION FOR HEALTHY TEETH.**



Brush with fluoride toothpaste.



Visit the dentist regularly.



Drink water with fluoride.

# Children's Dental Emergencies

## Safety Situation

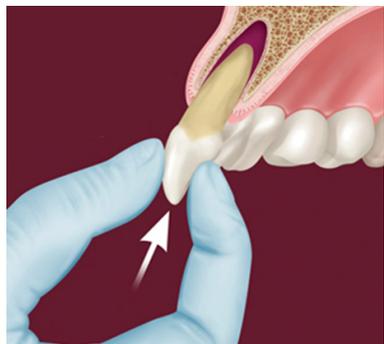
“Oh no, my child’s baby tooth was knocked out!”



## Action

- Contact your dentist ASAP.
- **DO NOT** place baby's tooth back in tooth socket.
- Rinse the mouth with water and apply a cold compress to reduce swelling.
- Remember, quick action can lessen a child's discomfort and prevent infection.

“Oh no, my child’s permanent tooth was knocked out!”



- Find the tooth if you can. Place it in a glass of milk or place it in the socket that it fell out of. Avoid placing the tooth in water.
- **Time is of the essence!** The tooth should be placed back in the socket **within an hour** for the best chance of success.
- Call your child's dentist and let them know you are coming to have it looked at.

How do I treat a bite to my child's tongue or lip?



- If your child bites his tongue or lip, clean the area gently with water and apply a cold compress. See your child's dentist or go to the emergency room as soon as possible.

## Safety Situation

What if my child cracks a tooth?



## Action

- For a cracked tooth, immediately rinse the mouth with warm water to clean the area. Put cold compresses on the face to keep any swelling down. See your child's dentist as soon as possible.

What if I think my child's jaw is broken?



- If you think your child's jaw is broken, apply cold compresses to control the swelling.
- Go to the hospital ER.

How do I remove an object that's stuck in my child's mouth or teeth?



- For objects stuck in the mouth, try to gently remove with floss but do not try to remove it with a sharp or pointed instrument. See your child's dentist or go to the emergency room as soon as possible.

## Safety Situation

Safety Tips to Avoid a Dental Emergency



***There are a number of simple precautions to take to avoid accident and injury to the teeth***

## Action

- Wear a mouthguard (and helmet when appropriate) when participating in sports or recreational activities.
  - NEVER use teeth to cut or open things. Use scissors (supervised if a young child).
  - Do not run around with objects in your mouth (eg. toothbrush, pencils, suckers, etc.)
  - Use gates to block stairways and dangerous areas from young children.
- Visit the dentist every 6 months to make sure your teeth are healthy and strong.



# Acetaminophen Dosing Tables for Fever and Pain in Children

Acetaminophen (also known as Tylenol®, Feverall®, Tempra®, Actamin®, and Panadol®) is a medicine used to reduce fever and pain. It is an "over-the-counter" medicine, meaning that you can get it without a doctor's prescription.

Giving the wrong amount, or dose, of medicine is one of the biggest problems parents have when giving acetaminophen to children.

The tables below can help you figure out the right amount to give. Use your child's weight to decide on the right amount to give. If you do not know your child's weight, use your child's age. Be sure to check with your child's doctor to make sure you are giving the right amount.

## Acetaminophen Dosage Table for Fever & Pain: Birth to 3 Years of Age:

**How to give the right amount of ACETAMINOPHEN (also known as Tylenol) is different depending on which medicine you plan to give.**

**Dose:** Give every 4 to 6 hours as needed for fever or pain. **DO NOT GIVE MORE THAN 4 DOSES IN 24 HOURS.** Do **NOT** use with any other medicine containing acetaminophen.



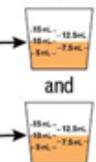
Weight →	6 to 11 pounds (3 to 5 kilograms)	12 to 17 pounds (5 to 7 kilograms)	18 to 23 pounds (8 to 10 kilograms)	24 to 35 pounds (11 to 15 kilograms)
Age →	0 to 3 months	4 to 11 months	12 to 23 months	2 to 3 years
Infant's Acetaminophen (160 mg / 5 mL)	1.25 mL 	2.5 mL 	3.75 mL 	—
Children's Acetaminophen (160 mg / 5 mL)	—	—	—	5 mL 
Children's Acetaminophen Chewables (160 mg)	—	—	—	1 tablet 
Children's Acetaminophen Dissolvable Packets (160 mg / powder pack)	—	—	—	—
Adult's Acetaminophen Tablets (325 mg)	—	—	—	—
Adult's Acetaminophen Tablets (500 mg)	—	—	—	—

# Acetaminophen Dosage Table for Fever & Pain: Age 4 Years and Older:

**How to give the right amount of ACETAMINOPHEN (also known as Tylenol) is different depending on which medicine you plan to give.**

**Dose:** Give every 4 to 6 hours as needed for fever or pain. **DO NOT GIVE MORE THAN 4 DOSES IN 24 HOURS.** Do **NOT** use with any other medicine containing acetaminophen.



Weight →	36 to 47 pounds (16 to 21 kilograms)	48 to 59 pounds (22 to 26 kilograms)	60 to 71 pounds (27 to 32 kilograms)	72 to 95 pounds (33 to 43 kilograms)	96 pounds or more (44 kilograms or more)
Age →	4 to 5 years	6 to 8 years	9 to 10 years	11 years	12 years or older
<b>Infant's Acetaminophen</b> (160 mg / 5 mL)	—	—	—	—	—
<b>Children's Acetaminophen</b> (160 mg / 5 mL)	7.5 mL 	10 mL 	12.5 mL 	15 mL 	10 mL + 10 mL = 20 mL 
<b>Children's Acetaminophen Chewables</b> (160 mg)	1 ½ tablets 	2 tablets 	2 ½ tablets 	3 tablets 	4 tablets 
<b>Children's Acetaminophen Dissolvable Packets</b> (160 mg / powder pack)	—	2 packets 	2 packets 	3 packets 	—
<b>Adult's Acetaminophen Tablets</b> (325 mg)	—	1 tablet 	1 tablet 	1 ½ tablets 	2 tablets 
<b>Adult's Acetaminophen Tablets</b> (500 mg)	—	—	—	1 tablet 	1 tablet 

# Ibuprofen Dosing Table for Fever and Pain

Ibuprofen (also known as Motrin® and Advil®) is a medicine used to reduce fever and pain. It is an "over-the-counter" medicine, meaning that you can get it without a doctor's prescription.

*This table\* can help you figure out the right amount to give. Use your child's weight to decide on the right amount to give. If you do not know your child's weight, use your child's age. Be sure to check with your child's doctor to make sure you are giving the right amount.*



## How to give the right amount of IBUPROFEN (also known as Motrin, Advil) is different depending on which type of ibuprofen you plan to give.

**Dose:** Give every 6 hours if needed, for fever or pain. **DO NOT GIVE MORE THAN 4 DOSES IN 24 HOURS.** Do NOT use with any other medicine containing ibuprofen.



Weight	Age	Infant's Ibuprofen Drops (50 mg / 1.25 mL)	Children's Liquid Ibuprofen (100 mg / 5 mL)	Children's Ibuprofen Chewable Tablets (50 mg)	Junior Strength Ibuprofen Tablets (100 mg)	Adult's Ibuprofen Tablets (200 mg)
0 to 11 pounds (up to 5 kilograms)	0 to 5 months	—	—	—	—	—
12 to 17 pounds (about 6 to 7 kilograms)	6 to 11 months	1.25 mL	2.5 mL	—	—	—
18 to 23 pounds (about 8 to 10 kilograms)	12 to 23 months	1.875 mL	4 mL	—	—	—
24 to 35 pounds (about 11 to 15 kilograms)	2 to 3 years	2.5 mL	5 mL	2 tablets	—	—
36 to 47 pounds (about 16 to 21 kilograms)	4 to 5 years	3.75 mL	← 7.5 mL	3 tablets	—	—
48 to 59 pounds (about 22 to 26 kilograms)	6 to 8 years	5 mL	10 mL	4 tablets	2 tablets	1 tablets
60 to 71 pounds (about 27 to 32 kilograms)	9 to 10 years	—	← 12.5 mL	5 tablets	2 ½ tablets	1 tablet
72 to 95 pounds (about 33 to 43 kilograms)	11 years	—	← 15 mL	6 tablets	3 tablets	1 ½ tablets
96 pounds or more (44 kilograms or more)	12 years or older	—	10 mL + 10 mL = 20 mL 10 mL → and 10 mL →	8 tablets	4 tablets	2 tablets

# SOURCES

- <https://www.mouthhealthy.org/en/az-topics/t/teething>
- Centers for Disease Control and Prevention &  
<https://www.mouthhealthy.org/en/az-topics/f/fluoride>
- American Academy of Pediatric Dentistry
- American Dental Association
- <https://www.healthychildren.org/English/health-issues/injuries-emergencies/Pages/Dental-Emergencies.aspx>
- [healthychildren.org/English/safety-prevention/at-home/medication-safety/Pages/Acetaminophen-for-Fever-and-Pain.aspx](https://www.healthychildren.org/English/safety-prevention/at-home/medication-safety/Pages/Acetaminophen-for-Fever-and-Pain.aspx)
- American Academy of Pediatrics Council on Quality Improvement and Patient Safety (Copyright © 2021)
- <https://www.healthychildren.org/English/safety-prevention/at-home/medication-safety/Pages/Ibuprofen-for-Fever-and-Pain.aspx>